Cover page Unit Summary

This unit is geared towards high school students and aims to meet the Maine Learning Results Health standard on goal setting and decision-making. After the completion of this unit students will understand the decisions they make today affect their health tomorrow. Being able to describe personal health practices and analyze personal health status are the fundamentals towards creating long-term goals. Students will have the skills to image the consequences of decisions they make and the implications those decisions will have on their long-term health.